



1ST ANNUAL Illuminate Conference

Shining the light on research and best practices for young people
with social, emotional and behavioral challenges

FRIDAY, FEBRUARY 26, 2016

PRESENTED BY:

North Hills Prep | Parkhill School | Project Six/The Commons | Child and Family Center

SCHEDULE

See list of Presenters and topics below.
Each participant can choose 1 workshop per Break-out Session

REGISTRATION 7:00am to 8:00am

OPENING 8:00am to 8:15am

Illuminating Today's Program

DR. JASON BOLTON PSY.D.

- Opening Video
- Introduction to Continuing Education Program
- Objectives of the Conference
- Introduction of the Presenters

KEYNOTE SPEAKER 8:15am to 8:45am

Keynote Presentation

DR. ROBIN KAY, PH.D., COUNTY OF LOS ANGELES - DEPARTMENT OF MENTAL HEALTH

8:45 am to 10:15am

Developing the Foundation for Positive and Supportive Learning Environments for All

DR. MARIA HERSEY PH.D., MINDUP™

Building on more than 10 years of success, this presentation will offer an introduction to The Hawn Foundation's signature program, MindUP™, which provides a framework for creating positive and supportive environments. Strategies that are applicable both in the classroom and at home for all children in PK-12th grade will be provided, including examples of successful MindUP™ practices in action.

- Fosters social and emotional awareness
- Enhances psychological well-being
- Promotes academic success
- Presentation of the research findings

BREAK 10:15am to 10:30 am

BREAK-OUT SESSION #1 10:30am to 11:45pm

Breaking Down the Walls in a Digital World

LORI GETZ, M.A., CYBER EDUCATION CONSULTANTS

Come find out what your teens wish you knew but don't know how to tell you. Come learn strategies and the language that will help break down walls and get everyone having more meaningful conversations about our behavior in the digital world!

Center for the Assessment and Prevention of Prodromal States (CAPPS)

THERESE STEPHANO, LMFT, THE HELP GROUP

CAPPS is a prevention and early intervention program that focuses on youth and young adults, ages 16-25, who are in danger of experiencing first-break psychosis. The program provides early prevention strategies to clients (and their families) who are at risk for schizophrenia and other psychotic disorders.

Trauma Focused Cognitive Behavioral Therapy

JANET LAZAR, LMFT, PENNY LANE FAMILY CENTER

This presentation reflects the use of the evidence based Practice Trauma Focused Cognitive Behavioral Therapy with Art Therapy. Presenter will summarize TFCBT components showing how novelty can be incorporated in treatment via art therapy while still remaining true to the model.

LUNCH 11:45pm to 12:45 pm

BREAK-OUT SESSION #2 12:45pm to 2:00pm

Bringing Ethics, Virtues and the Spiritual, Back Into the Discourse of Recovery and the Mental Health Field
YESHAIA BLAKENEY, INTEGRITY TREATMENT PROGRAM

We will be exploring the role of morality and virtue work in the field of addiction/mental behavioral health. Discussing the importance of bringing values, principles and virtues back into the discourse. Lecture will include reasons why there has been a decline in this approach, and why it is still important, its efficacy, methods and applications in treating addicted personalities and other developmentally "stuck" populations

"But I just don't feel well..." Understanding and Intervening in School Avoidance in Teens
CHERYL TEPLINSKY, LCSW, UCLA NEUROPSYCHIATRIC INSTITUTE AND HOSPITAL

This talk will discuss the warning signs, early intervention strategies and some in-depth approaches that may be needed in more complex situations, so that students and their families can be empowered to maintain good attendance and progress to more effective and independent functioning in school and in life.

Understanding the Impact of Child/Adolescent Sexual Abuse: What Survivors Think, Believe, and Feel about Themselves and How Adults Can Help

HARRIET KERR, LCSW, RAPE TREATMENT CENTER UCLA MEDICAL CENTER-SANTA MONICA

The impact of sexual assault can be profound; most people who are sexually victimized experience challenges when processing this trauma. This presentation will explore the cognitions and behaviors of children and adolescents who have been sexually victimized, how this trauma impacts their social and emotional development, and implications for treatment.

Promoting a Healthy Relationship with Food

DR. MARTA SHINN, PH.D., CHILD GUIDANCE CENTER, INC.

The impact of sexual assault can be profound; most people who The rate of childhood obesity in the United States is 17%, which represents a significant portion of children and adolescents. This presentation will discuss the urgent need for mental health professionals to engage in combating pediatric obesity, their role in the intervention process, behavioral approaches relevant to treatment, and outline the core principles of psychologically healthy feeding.

BREAK 2:00pm to 2:15pm

BREAK-OUT SESSION #3 2:15pm to 3:30pm

Trends with Transgender Youth

ANGELA WEEKS, M.A. and DR. SARAH VITORINO, PH.D., LGBTQ RISE

This workshop will help attendees understand the current state of transgender youth in the nation's child welfare system. Participants will learn about recent research findings highlighting the unique ways in which transgender youth experience of discrimination in systems of care as well as strategies for supporting and advocating on behalf of this population.

Supporting Grieving Children and Teens

LAUREN SCHNEIDER, LCSW, OUR HOUSE GRIEF SUPPORT CENTER

In this workshop, participants will gain an understanding of the physical, cognitive, emotional and behavioral responses of grieving children and teens along with learning a model for understanding grief from a developmental perspective. Participants will learn the difference between natural grief and traumatic grief and how to support children who have experienced deaths due to homicide, suicide or substance related deaths.

Best Practices Relationship-Based Strategies When Working With Elementary Children With Emotional Challenges

KRISTIN LAURINO, LMFT, BCBA, IECF

Topic will focus on evidence-based methods for working with young students with emotional and behavioral disturbances. Focus will be given on relationship-based strategies to break unhealthy patterns in relating to others in order to help students better succeed in school and develop meaningful relationships with adults and peers.

Already Well

DENEE JORDAN, PSY.D., EXCEPTIONAL CHILDREN'S FOUNDATION MENTAL HEALTH SERVICES

Already Well is a humanistic, optimistic psychotherapeutic approach emphasizing the process of self-acceptance. Through this therapist-guided practice of understanding and compassion, clients learn to value their thoughts, feelings, actions, and experiences as means of ensuring safety and connectedness.

CLOSING REMARKS 3:30pm to 4:30pm

Spotlighting Today's Program and Bringing it to Light in Practice

DR. JASON BOLTON PSY.D. WITH PANELISTS: OLGA ZYSMAN, MFT & DR. KAREN ENYEDY, PH.D.

- What are the "Take Aways"
- Evaluations and CEUs
- Panel of all the Break-out Speakers: Summary of the Workshops and Q & A

MEET THE PRESENTERS

KEYNOTE SPEAKER



Robin C. Kay, Ph.D., is the Acting Director for the Los Angeles County Department of Mental Health. Dr. Kay is a psychologist who received her master's and doctoral degrees from Fordham University in New York.

Dr. Kay's career has been dedicated to community mental health where she has had experience at all levels of service delivery and administration. Beginning as a clinician working for a private nonprofit community mental health center, Dr. Kay has directed prevention and education programs and has been a clinical supervisor and program manager. She was honored to serve as the District Chief for Service Area 5, collaborating with diverse stakeholders to enhance the system of care for children, Transition Age Youth, adults, and older adults in West Los Angeles. Committed to addressing the needs of homeless adults, Dr. Kay served as the Chair of the Westside Shelter and Hunger Coalition.

Prior to her appointment as Chief Deputy Director, Dr. Kay was the Deputy Director for Countywide Older Adult Programs; she is proud of the work done by her team in developing Full Service Partnerships and Field Capable Clinical Services for older adults – in addition to the excellent older adult mental health training programs they designed and implemented. Dr. Kay regularly lectures on community mental health, including presentations on crisis-oriented therapy and the funding of public mental health programs.



Dr. Jason Bolton, Psy.D. is a Licensed Psychologist with over 20 years of experience working with children, adolescents and families with histories of abuse and neglect, social-emotional challenges, and developmental disabilities including autism spectrum disorder and learning differences. He is Vice President of Programs and previously served as The Help Group's Clinical Director and Chief Psychologist. Dr. Bolton's expertise includes effective leadership of diverse work groups, innovative program development, and responsible fiscal oversight of quality programs. He was recently elected to the Board of Directors of the California Association of Private Special Education Schools, known as CAPSES. Dr. Bolton is a proud father of triplet girls and, as a parent-consumer of developmental and special education services, frequently refers to his family as a glowing example of the power of early intervention.



Maria Hersey, Ph.D. is the US Director of Education & Training for The Hawn Foundation. Over the last twenty years, Maria has served in a variety of roles within public education and most recently, with the International Baccalaureate Program (IB). During her tenure there, her many accomplishments included oversight and direct responsibility for the Primary Years Program (PYP) curriculum, teacher training and evaluation, directing services to schools and quality assurance for the North America region while driving their educational continuum for primary, middle, secondary and career-related programs of education internationally. A seasoned Educator with over 10 years in public education as an Assistant Principal, Curriculum Specialist and primary school educator, Maria has led education conferences, inquiry-based instruction, the development of assessment tools, international-mindedness, curriculum integration, school transformation and the implementation of the Common Core State Standards (CCSS). Maria holds a Ph.D. and Specialist's degree in educational leadership from Florida Atlantic University as well as a bachelor and Master of Arts in education from the University of Florida.



Yeshaia Blakeney is the co-founder of Integrity Treatment Program and an addictions expert with 12 yrs experience working in treatment. Receiving his addictions counseling education at UCLA, he then received his BA from Antioch University, and is currently pursuing his Masters in Rabbinics at AJRCA. Specializing in spiritual counseling, philosophy of addiction, group facilitation and addiction education, Yeshaia's experience, knowledge and know-how is unique in the field of drug and alcohol treatment. Yeshaia has been in recovery himself since 2003 and his personal experience of addiction and sobriety facilitates a deep connection with his clients. Yeshaia is not your typical addictions specialist: a Hip Hop musician, philosopher, spiritual counselor, Rabbinic student, and perpetual learner, Yeshaia embodies passionate living in recovery.



Denee Jordan, Psy.D. is both a Clinical Psychologist and Marriage and Family Therapist, as well as an actor, motivational speaker, and author. She has been practicing for nearly 30 years and has developed and directed numerous Mental Health Treatment programs across the country, specializing in the treatment of eating disorders, personality disorders, depression, anxiety disorders, schizophrenia, bi-polar disorder, alcoholism, and addiction. She has created the 'Already Well' approach to wellness and serves as the Director of Clinical Services at the Exceptional Children's Foundation.



Lori Getz, M.A. is an educator, mother, and Internet safety expert. She has appeared on the "Dr. Phil Show," "Today," "HLN," "Dr. Drew" and several other local news and radio programs (including the Ryan Seacrest show on KIIS FM). She often lectures live, speaking to parents, teachers and students across the country. Lori has been published in several areas including as an online expert for momlogic.com and most recently was featured in Rachel Simmons new edition of "Odd Girl Out." Her insight comes from both her professional and personal life working with children, tweens and teens.



Lauren Schneider, LCSW, a nationally recognized authority on Children's Grief, has provided trainings for mental health clinicians, educators, clergy, health care providers and graduate students throughout the community since 2000. Lauren is the author of "Children Grieve Too: A Handbook for Parents of Grieving Children". She also created "My Memory Book... for grieving children" as well as grief-related curricula for use at Camp Erin Los Angeles and in OUR HOUSE grief support groups. Lauren is the Associate Producer of "One Last Hug...and a few smooches" an Emmy award winning HBO documentary about Children's Grief. She trains and supervises OUR HOUSE group leaders as well as MSW and MFT clinicians and students. Lauren maintains a private practice in Los Angeles specializing in grief and loss.



Dr. Sarah Vitorino, Ph.D. works as an instructor and coach in LGBTQ competency through the RISE Project at the Los Angeles LGBT Center. Sarah is also an advocate within the LGBT/ Queer communities, specifically around combating bias, encouraging self-care and promoting positive well-being. She earned her Ph.D. in Women's, Gender and Sexuality Studies from Emory University and holds a B.A. in Psychology from Westfield State University.



Angela Weeks, M.A. is the Training and Coaching Manager for the Los Angeles LGBT Center's RISE program. With a Master's Degree in Public Administration from U.S.C., Angela has over 10 years experience in the public and non-profit sector. She leads a coaching and support network of over 60 people representing 20 partner agencies with the goal of implementing best practice guidelines for supporting LGBTQ youth in child welfare and juvenile justice systems.



Harriet Kerr, LCSW is a Licensed Clinical Social Worker, with 22 years of professional experience, primarily in the field of sexual trauma assessment and treatment. A native of Atlanta, Georgia, Harriet graduated from Emory University in 1990 with a Bachelor's degree in Psychology, and earned a Master's degree in Social Work from the University of Georgia in 1994. In Atlanta, Harriet worked in collaboration with various law enforcement agencies to assist in sexual assault investigations involving minors. Since moving to Los Angeles in 2003, Harriet has worked at the Rape Treatment Center at UCLA Medical Center, Santa Monica, where she is the Director of Prevention & Community Education.



Therese Stephano, MA, LMFT is the Director of Outpatient Services at The Help Group Child and Family Center in Culver City. She joined The Help Group in April 2014 taking on the dual role of clinical supervisor, and Program Coordinator for the CAPPS Pilot Program; a program aimed at helping youth at risk for psychosis. Ms. Stephano is certified in CAPPS (Train the Trainer), and is a CIMH Certified TF-CBT Supervisor. She has been an administrative and clinical supervisor since 2010, and has been providing mental health services in Los Angeles for over 15 years. She began her role as Director of Outpatient Services in September 2015 and is proud to support The Help Group in its continued delivery of the highest quality services to clients and families.



Dr. Marta Shinn, Ph.D. is a licensed child psychologist and research scientist who practices at Child Guidance Center in Orange County, CA. Her research interests include childhood obesity, coaching psychology, and the assessment of interventions for underserved child populations. She is skilled in the delivery of evidenced-based therapeutic interventions including PCIT and TF-CBT. Dr. Shinn is an experienced graduate psychology professor, clinical supervisor, and PCIT trainer. She serves as Psychology Subject Matter Expert for the California Board of Psychology and contributed to the DSM-5 field trials as a Collaborating Investigator. She is bilingual Spanish speaking and dedicated to culturally and linguistically informed psychological practice.



Cheryl Teplinsky, LCSW is a California Licensed Clinical Social Worker with extensive experience in the field. For the past 25, she has worked at the UCLA Neuropsychiatric Institute and Hospital in the In-Patient and Partial Hospital Programs. Since 2008 she has been the Coordinator of the Adolescent Partial Hospital Program, managing operations and overseeing clinical services. Previously, Ms. Teplinsky was the Training Coordinator of the Cedars-Sinai Medical Center Teen Line, a Social Worker with the Santa Monica Hospital Rape Treatment Center, Staff Therapist at Jewish Family Service, and Social Worker at the Hathaway Home for Children. She was educated at the University of Michigan and UCLA.



Janet Lazar, LMFT is an Art Therapist and Licensed Marriage and Family Therapist. Janet currently works at Penny Lane as a Clinical Supervisor and previously worked at The Help Group in various programs for six in a half years. Janet is trained in multiple Evidence Based Practices and frequently presents on trauma related interventions to help youth in crisis. Janet also frequently presents on self-injurious behavior and ways to appropriately respond.



Kristin Laurino, LMFT, BCBA currently serves as the Clinical Regional Manager for an agency that provides inclusive, early-intervention services to individuals with special needs and their families. Kristin has experience creating and supervising evidence-based intervention programs in home, school, residential, and community-based settings for individuals with a wide range of diagnoses and behavioral challenges. Kristin has a passion for training professionals, teachers, and parents on topics related to specific Applied Behavior Analysis principles, behavioral and social-emotional challenges, and mental health issues. In addition to her work as Clinical Regional Manager, Kristin has provided consultation and assessment services to schools throughout Southern California to address students with emotional and behavioral challenges that interfere with their ability to learn.



Olga Zysman, MFT is the Senior Director of Outpatient Programs and Services at The Help Group, one of the largest non-profit agencies in LA County. Mrs. Zysman has been a member of the California Association of Marriage and Family Therapists since 1998 and licensed by the Board of Behavioral Sciences since 2000. She joined The Help Group in 2000 as the member of the clinical team. During her tenure at The Help Group, Mrs. Zysman has held several clinical and administrative positions. She has worked as a clinician, Clinical supervisor, Program coordinator, Assistant Director and Director of Outpatient Programs. She has been involved in many community advocacy groups, serving on Children's Planning Council, service area Advisory Councils and Community Advisor Councils. During LA County MHSA transformation, in 2008-2009 Mrs. Zysman served as a Key Informant on PEI Steering Committee for Service Area 2 DMH, as well as on cultural competency committee representing Eastern-European minority populations in LA County. She currently serves on vicarious trauma network committee in Service Area 2, ACSHA and Executive Providers committee for Service area 2 and 5.



Dr. Karen Enyedy, Ph.D. is the Chief Psychologist and Director of Admissions of The Help Group. She has been working in the mental health field for over 20 years focusing on the assessment and treatment of children, adolescents, and families in both school-based and outpatient settings and focusing on a wide array of clinical diagnoses and presenting problems. She is the former Director of Training of The Help Group's APA accredited Doctoral Internship program, and the Director of The Help Group's APPIC-Member Post-Doctoral Fellowship Focusing on Autism Spectrum Disorder. She is an active member of the Psychology training community as a Board Member of the California Psychological Association Division II (Education and Training), an APPIC Committee Member, and an APA Site Visitor.

CEUs, PRICING, & LOCATION

The Help Group is pleased to offer continuing education credits for the 2016 Illuminate Conference. According to the guidelines set forth by accrediting organizations, professionals seeking credit must sign in prior to the first session of the morning and must sign out at the conclusion of the day. No partial credits can be given.

Group Home Administrator

The Help Group is an approved vendor for the State of California CDSS to assign continuing education units for Group Home Administrators. This conference will issue 6 CE units pending approval from the CDSS Administrator Certification Program. **6 CE credits.**

Psychologists

The Help Group is approved by the American Psychological Association to sponsor continuing education for psychologists. The Help Group maintains responsibility for the program and its content. This course is eligible for up to 6.25 hours of continuing education credits. (Provider #1444) **6.25 CE credits.**

Social Workers and Therapists

The Help Group is an accredited provider for continuing education credits for MFTs, LPCCs, LEPs, and LCSWs. This course meets the qualifications for up to 6 hours of continuing education credits as required by the California Board of Behavioral Sciences. (Provider # PCE940) **6 CE hours.**

Speech-Language Pathologists

This course meets the qualifications for 6 hours of continuing professional development credits for Speech-Language Pathologists as required by the California Speech-Language Pathology & Audiology Board. (Provider #PDP86) **6 CE hours.**

PRICING

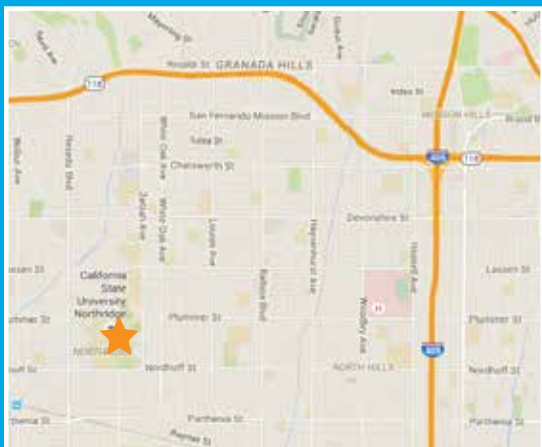
INDIVIDUAL.....\$115.00

GROUP OF 4 OR MORE.....\$100.00

EARLY BIRD.....\$85.00

STUDENT, DMH, and DCFS...\$50.00

If funded by Regional Center our number is PL0230



CONFERENCE LOCATION

California State University Northridge
Student Union - Grand Salon
18111 Nordhoff St, Northridge, CA 91330
818-677-1200

Campus Parking: \$6.00

Program information, learning objectives and online registration available at www.helpgroup-illuminateconference.org. The Help Group is committed to making the 2016 Conference accessible to all individuals. If you anticipate needing assistance while at the conference, please contact Elin Bradley at elbradley@thehelpgroup.org, or call 818-947-2019. The Help Group reserves the right to change elements of the 2016 Conference. Refunds will be made if a written request is received by February 19, 2016. Registration fees will be refunded less a \$25.00 processing charge. No refunds will be made after February 19, 2016.

- Northridge Center Complex

(818) 677-2251

Southwest Addition

FIRST FLOOR

- Associated Students (A.S.) Central Offices
- Mercantile Exchange
- Office of Student Involvement and Development
- Calabasas
- USU Marketing
- Thousand Oaks

SECOND FLOOR

- Sport Clubs Athletic Training
- Computer Lab
- Veterans Resource Center
- Games Room
- Shake Smart
- Oasis Wellness Center
- USU Reservations and Event Services
- International and Exchange Student Center
- Technology Support Services (TSS)
- USU Maintenance
- A.S. Ticket Office
- Wells Fargo
- Pub Sports Grill
- Matador Mercado
- Grand Salon
- A.S. Support Services
- A.S. Recycling
- South Patio
- Student Recreation Center
- Rec Pool
- Matador Dr.
- RC Field

Space Type

- Meeting/Event
- Study Rooms
- Services
- Recreation
- Food
- Lounges
- Administration

Key

- Information
- Restrooms
- Drinking Fountain
- Wash Room
- Gender Inclusive Restrooms
- Lactation Room
- Wheelchair Access
- Stairs
- Elevators